

# Building a Comprehensive Guideline for the Treatment of Infants with Neonatal Abstinence Syndrome

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## Background & Significance

- 2006: Only 55% of Neonatal Intensive Care Units indicated having a written plan for NAS treatment.
- 2016: The American Academy of Pediatrics recommends: "...each nursery should develop and adhere to a standardized policy for the evaluation and comprehensive treatment of infants at risk for or showing signs of withdrawal"
- 2017: Texas Health Dallas - no comprehensive treatment guideline for the care of infants with NAS.

## PICOT

- In neonates with Neonatal Abstinence Syndrome (P), how does adding non-pharmacologic therapies to the current medication protocol (I) compared to current medication protocol alone (C) affect the length of stay (O) and duration of treatment (O) within one quarter (T)?



- CINAHL - 33
- Cochrane Library - 2
- PubMed - 97

A systematic search of online databases was completed using the PICOT question as a guide.

## Systematic Search and Synthesis

### Keywords or subject headings searched

- "neonatal abstinence syndrome"
- "length of stay"
- "length of treatment"
- "alternative therapies"
- "non-pharmacological treatment"
- "pharmacological treatment"
- "medication management"

- "English language"
- "Full text"
- "All infant"
- "Academic journals"
- "Peer-reviewed"

### Inclusion Criteria

Total Applicable Articles After Evaluation

• 6

- The literature supports implementation of breastfeeding and rooming in 8 well-designed studies with similar results. These additions should enhance the current morphine protocol resulting in a reduced length of stay and treatment, saving money and improving outcomes for the babies

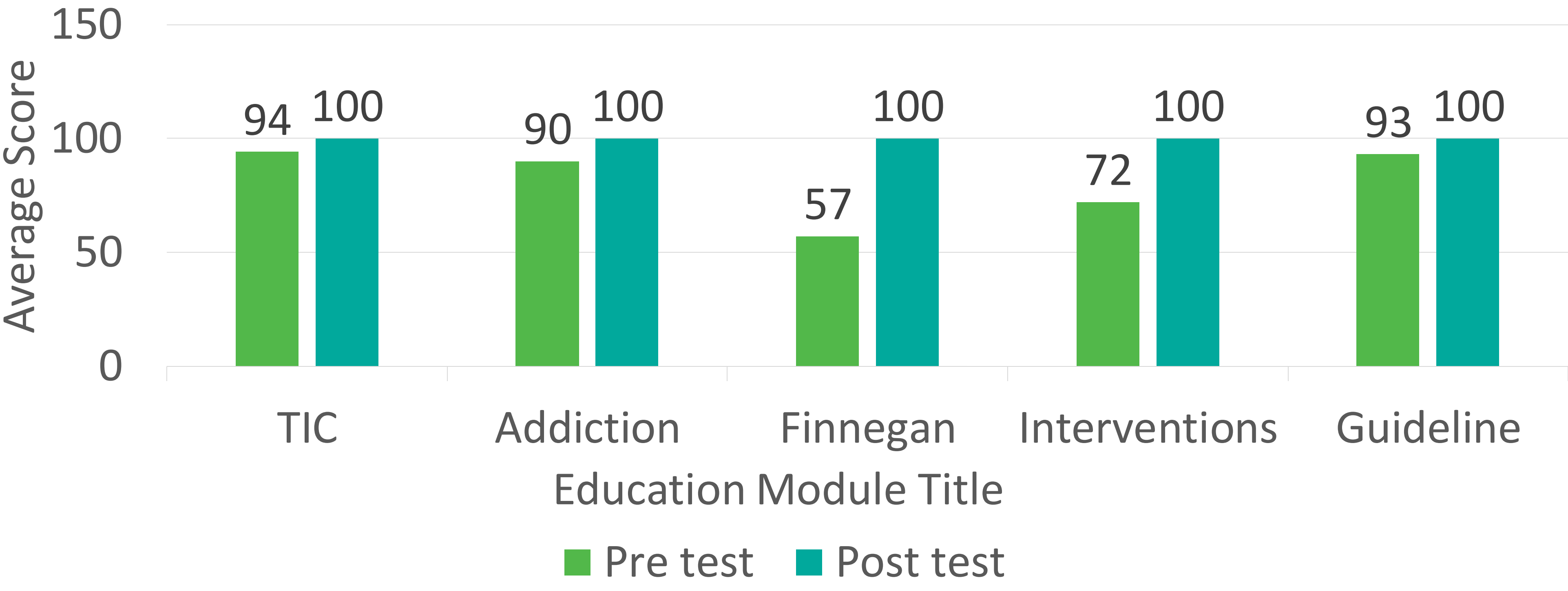
### Synthesis

## Plan Based on Evidence Synthesis

Form a multidisciplinary team	Draft a comprehensive, evidence-based treatment guideline	Non-pharm interventions 1 <sup>st</sup> line treatment option
		Pharm interventions as secondary treatment
	Develop a comprehensive education module: topics include	Trauma informed care Addiction Finnegan scoring Pharm & non-pharm interventions New treatment guideline
	Data Collection	Collect outcomes data to determine efficacy of new guideline Pre/post knowledge transfer assessment

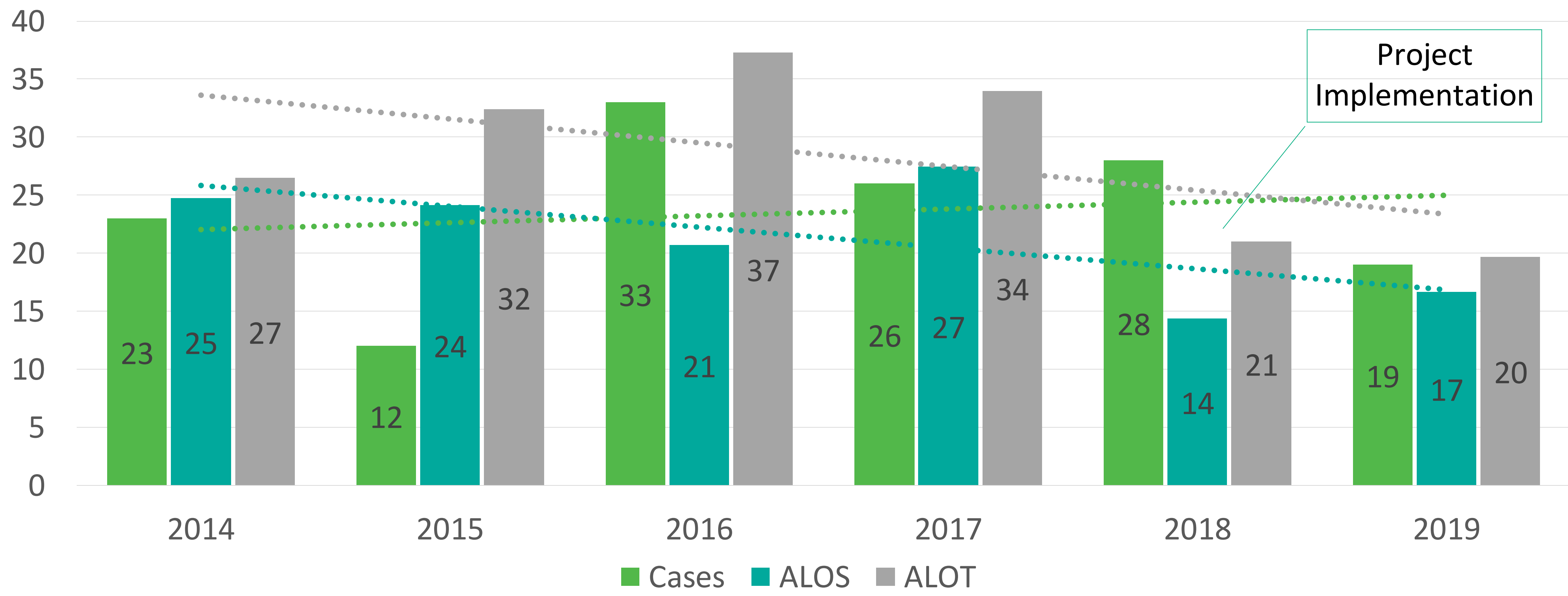
## Process Indicators & Milestones

### NAS Education Modules: Pre/Post Test



## Project Impact Outcomes

### Number of NAS Cases & Average Length of Stay and Treatment By Year



### Total Cost of Hospital Stay by Year

